

# Alderney Football Association 5 Year Coaching and Development Plan

## Aim

Alderney juniors and adults who are interested in playing football and representing their island have the opportunity to develop their abilities and progress within the FA structure via a coherent and coordinated set of actions.

## Objectives

1. Provide Football matches, tournaments, training and coaching for all age groups from 4-year-olds upwards.
2. Hold regular coaching and training sessions for 4- to 14-year-olds. Ambition:
  - 26 sessions of 45 minutes indoors each year within a hall for 4- to 6-year-olds
  - monthly one hour indoors session inside a hall for 7- to 14-year-olds
  - monthly one hour outdoors session for 7- to 14-year-olds on the FA football pitch.

Ideally all children and juniors should train within two-year age bands, which is recognised as best practice in the Guernsey FA Rules & Byelaws. The limited numbers on Alderney may render this unviable; if the club is compelled to operate outside of these guidelines the safeguarding and welfare of the children or young adults involved will be thoroughly assessed beforehand and the decision to proceed recorded on the appropriate forms.

3. Elite youngsters to train alongside adults a minimum of once a month. The safeguarding and welfare of young people involved will be thoroughly assessed beforehand and the decision to proceed recorded on the appropriate forms.
4. Those aged between 15 and 18 years old who are judged ready for Senior football will train with the first team at least once a week, weather and pitch conditions permitting. The safeguarding and welfare of young people involved will be thoroughly assessed beforehand and the decision to proceed recorded on the appropriate forms.
5. A few Walking Football sessions mainly in the off-season Summer aimed at everyone irrespective of gender, age and ability, possibly leading to an inter-island Muratti Vase competition for Walking Football within the next 5 years.
6. Provide a pathway for all children at all levels, with support from the Guernsey FA. To include boys and girls playing competitive football off island from 10 years old, and as many

Alderney Year 5 and 6 girls and boys as possible participating in the annual BWCI Mini Soccer Festival in Guernsey.

7. Establish a pathway via the Guernsey FA for Elite Girls to aspire to England Junior representation via regional teams.
8. Develop and maintain via Guernsey FA support a minimum of 10 certificated Junior Football Leaders who have acquired their Awards and participated in the requisite Level 1 workshops.
9. Coordinate planned St Anne's School trips to Guernsey with Alderney's Sports Officer and the Guernsey FA to maximise the opportunities for those youngsters interested in football. The Guernsey FA will arrange coaching sessions for Alderney children and Guernsey Rangers in particular are open to providing match experience for Alderney youth players. Ideally school trip dates would match midweek junior fixtures as published by the Guernsey FA on the Full Time web page.
10. Produce a plan for all those Alderney school children who go to Guernsey sixth form colleges and wish to play football and remain eligible to compete for the Alderney Priaulx League team.
11. Provide the requisite changing rooms for adults and young players via the clubhouse extension planned for 2021. Part One of multi-phase Alderney FA facilities upgrade project.
12. Procure a multi-use training and match pitch (potentially 5G) within subsequent phases of the upgrade project.